

May 2023



# Over and above Fern Centre



Cancer health and wellbeing centre at North Devon District Hospital  
Open 9.00am—4.30pm Monday — Fridays (excl. Bank Holidays)

## What's On...

Celebrating the amazing work of all the  
Clinical Nurse Specialists on National CNS Day



Our CNS teams ensure you and the people close to you have access to information and advice about your diagnosis and treatment. They will help you to make sense of a large amount of unfamiliar information, and support your decision-making about your care, treatment and follow up arrangements.

# YOGA



## Face to Face Yoga With Lorna

There are two face to face yoga classes on Monday afternoons at the following times:

- **1.30p.m. and 2.45 p.m.**

These classes are available to people diagnosed with or living with and beyond cancer, their relatives and carers. The class is suitable for beginners and those looking for some gentle exercise incorporating breathing techniques and mindfulness.

If you would like to join our class please contact the Fern Centre or your clinical team to complete a referral.—you will be asked to fill in a short health questionnaire prior to attending classes.

**Booking is essential as places are**

**limited to 8 per session**

**The bookings are taken on a weekly basis and it may be that you won't be able to attend every week**

## Headwear available to buy at the Fern Centre

We are now lucky to be able to offer an amazing selection of headwear from Suburban Turban.

Come and see our lovely range of colourful head scarves, hats, and various other items. They are well made using really soft and comfortable to wear fabrics.

The headgear is being sold below the retail price and all sales will go straight to the Fern Centre.

The Fern Centre also has a small selection of recycled wigs for a small donation to us!



### **Did you know you can join our Facebook group or follow us on Twitter?**

The best place to keep up to date with all of the new exciting things planned for the Centre!

Facebook Group Name:  
Over and Above Fern Centre



Twitter: @TheFernCentre



# NHS Access to Sleepstation

## Want to improve your sleep? Sleepstation

have been supporting NHS patients in the UK to improve their sleep since 2012.

**Self-referral** has come to the southwest via <https://www.sleepstation.org.uk/> at the following GP surgeries:

### Brannams Medical Centre

Kiln Lane Barnstaple

### Combe Coastal Practice

St Brannocks Road Ilfracombe

### Fremington

11/13 Beards Road, Fremington

### Hatherleigh

Old Nat West Bank, Hatherleigh

### Hosworthy Medical Centre

Dobles Lane Hosworthy EX22 6GH

### Litchdon Medical Centre

Landkey Road, Barnstaple EX32 9LL

### Neetside Surgery Methodist Church Halls 4

Leven Cottages Bude EX23 8LA

### Queen's Medical Centre

6/7 Queen Street, Barnstaple EX32 8HY

The online course will guide you through a proven solution and give the knowledge, tools and confidence to control your sleep.

You will be supported by an expert sleep team who can help you restore your sleep quickly.



- ✓ Fall asleep faster
- ✓ Stay asleep longer
- ✓ Improve your mood
- ✓ Medication-free
- ✓ Clinically proven
- ✓ Accepting NHS patients

Contact for further information : 0333 800 9404

**Sleepstation** gives you:

- **Detailed sleep assessment** - Tell us about your sleep problem and we'll help you find the solution.
- **Multi-step sleep plan** - You'll receive an expertly crafted sleep improvement plan that's tailored to your needs.
- **Proven methods** - Get advice from sleep experts and support from sleep coaches to follow the gold standard scientific method to restore sleep.
- **Online tools** - Complete sessions, record your sleep, chat with your coaches and track your progress from your secure online account.
- **Remote 24/7 access** - No need to visit us in clinic, we can help you in your own time, from your home.

**Ongoing support** - With dedicated support and encouragement from our sleep team you could see results within weeks

**Sleepstation** is safe and effective and the techniques that we use in our sleep programme are safe to follow and can improve sleep for the vast majority of people. However, if you have one of the health conditions listed below then some of the techniques that we use might not be helpful for you because it can make symptoms worse:

- **Seizures**
- **Epilepsy**
- **Psychosis**
- **history of a psychotic episode**
- **bipolar disorder**
- **mania**
- **schizoaffective disorder**
- **schizophrenia or a personality disorder**
- **severe untreated anxiety, untreated PTSD or a circadian rhythm disorder, as evidence shows that it's better to treat first.**

Once you have registered your interest in the **Sleep Improvement Programme** via the website, Sleepstation will contact your GP to confirm they are happy. Requests are usually processed within 3-4 working days.

**ZZZZZZZZZZZZ**



# ARTS & CRAFTS

**Friday 12<sup>th</sup> May**

**Continuous Line Drawing and Wireheads**

**Friday 26<sup>th</sup> May**

**Abstract Acrylics**

**Friday 9<sup>th</sup> June**

**Still Life Drawing**

**Friday 16th June**

**Colour Theory **NEW DATE!****

**Friday 23<sup>rd</sup> June**

**Collage**

**Friday 7<sup>th</sup> July**

**Drawing Imaginary Streets**

**Friday 21<sup>st</sup> July**

**Charcoal Drawing**

You are able to book for 3 classes and be on the reserve

## Can't make the above dates?

Why not come to the art friendship group which meets in the Fern Centre Group Room on the following dates:

**Friday 14<sup>th</sup> April 2-4pm**

**Friday 19<sup>th</sup> May 2-4pm**

**Friday 16<sup>th</sup> June 2-4pm **CANCELLED****

**Friday 4<sup>th</sup> August 2-4pm**

No set format just come along for a chat and bring in anything you are working on to share. **You can also connect to the What's App group**

Try your hand at  
**Creative Writing**



- \* Journaling
- \* Memoirs
- \* Poetry
- \* Short stories
- \* Scripts
- \* Speeches
- \* Essays

Tuesday 9th May 1.30 -3.30pm

Tuesday 23rd May 1.30—3.30 pm

Tuesday 6th June 1.30—3.00pm

**All with Dirk Roth**

The sessions are stand alone but you could come to all of them if you are enjoying it and Dirk will guide you through your creative journey



look good **feel better**

FACING CANCER WITH CONFIDENCE

## SKIN CARE AND MAKE UP WORKSHOPS

### @ 'Blush Bude'

Beauty Salon  
33 Queen Street  
Bude  
EX23 8AY

For more information Tel: 01288 580180

|                                   |                  |
|-----------------------------------|------------------|
| Monday 15 <sup>th</sup> May       | 4.15pm – 6.15 pm |
| Monday 12 <sup>th</sup> June      | 4.15pm – 6.15 pm |
| Monday 14 <sup>th</sup> August    | 4.15pm – 6.15 pm |
| Monday 11 <sup>th</sup> September | 4.15pm – 6.15 pm |
| Monday 9 <sup>th</sup> October    | 4.15pm – 6.15 pm |
| Monday 13 <sup>th</sup> November  | 4.15pm – 6.15 pm |

Please book a place by visiting the website  
<https://lookgoodfeelbetter.co.uk/>

## Look Good Feel Better Workshops @ Fern Centre

We host monthly Look Good Feel Better workshops for ladies undergoing cancer treatment. These confidence boosting workshops are a great opportunity to meet new people and learn makeup techniques from an expert beautician.

**You will also get a goody bag worth £300 of cosmetics to take away!**

**To book a place on our workshop please contact us or book online via**  
<https://lookgoodfeelbetter.co.uk/>



look good **feel better**

FACING CANCER WITH CONFIDENCE

## Bra Fitting Clinic Dates Available

Nicola Jane, specialists mastectomy bra fitters, are running a number of bra fitting clinics in the Fern Centre. These clinics are available to anyone who has recently undergone surgery or who are living with and beyond their cancer diagnosis who would like some specialist fitting advice. The appointments are free of charge and there is no obligation to purchase a bra at your appointment.

If you wanted to purchase an item, payment details will need to be provided to the Nicola Jane team. Nicola Jane also stock a range of swimwear and can provide expert advice for fittings!

## NICOLA JANE

Restoring confidence and femininity after breast cancer

Dates of our 2023 bra clinics are:

- 1st June
- 6th July
- 3rd August
- 7th September
- 5th October
- 2nd November
- 7th December

Please contact the Fern Centre if you would like to book an appointment.



## Mindfulness

**Mindfulness as a coping strategy**

**Tuesday 11th July 11.00-13.00**

Mindfulness has many benefits

- ◆ **Better sleep**
- ◆ **Decrease depression**
- ◆ **Reduces anxiety**

And much more....

For more information or to book please contact the Fern Centre

**Tel: 01271 311855** or

**Email: [rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net)**

## Energies Workshop

Managing and sustaining our health is crucial when we are dealing with illness or challenges in life.

Through many different ways our energy levels can become depleted so how do we restore them?

This fun and informal workshop will show you different ways that will reset your energy for the day.

**Wednesday 14th June**

**10.30am—12.30pm**  
(note later start time)

**Wednesday 26th July**

**10.00am—12.00pm**

**Wednesday 6th September**

**10.00am—12.00pm**

**Wednesday 8th November**

**10.00am—12.00pm**

## Emotional Freedom Technique EFT

**The popular 'Tapping' workshop**

This fun and informal workshop offers a highly effective technique to manage and reduce our stress levels as we go through our day and manage the challenges of an illness or long term condition. Stress, worry, frustration and anger is a normal part of our lives but when it becomes prolonged and the demands exceed our expectations of how we will cope, then these emotions can have a major negative impact upon our wellbeing.

By tapping on the end points of meridians we can reduce emotional intensity of our emotions and reframe our perceptions and beliefs about our coping abilities.

**Come and join Karen at the Fern Centre**

## Introduction Tapping Workshop

**Wednesday 31<sup>st</sup> May**

**10.00am – 12.00pm**

**Wednesday 5th July**

**10.00am – 12.00pm**

**Wednesday 1<sup>st</sup> November**

**10.00am – 12.00pm**

and

## Follow Up Tapping Workshop

**Wednesday 30<sup>th</sup> August**

**10.00am – 12.00pm**

**To book a space on either of the workshops please contact the**

**Fern Centre 01271 311855**

**or email [rduh.theferncentre@nhs.net](mailto:rduh.theferncentre@nhs.net)**



**NHS**  
 Royal Devon  
 University Healthcare  
 NHS Foundation Trust

**'Better Together'**  
**Royal Devon Members' Event**  
 Barnstaple Library & online (MS Teams)  
 Wednesday 17 May 2023  
 1.30pm-4.30pm

**Find out what's happening at your local NHS trust and have your say! All are welcome**

- Hear about how the Trust is using digital technology to transform care and share your ideas
- See the new MY CARE app
- Hear about the 'virtual ward', which is helping patients to leave hospital earlier
- Learn more about our plans to redevelop North Devon District Hospital
- Meet some of your Governors



**BOOK YOUR PLACE ONLINE, BY EMAIL OR PHONE**

- [bit.ly/3JIMNNO](https://bit.ly/3JIMNNO)
- [rduh.royaldevonmembers@nhs.net](mailto:rduh.royaldevonmembers@nhs.net)
- 01392 403977

**OR DROP IN TO SEE US ON THE DAY!**



## Starting Out Session

The weekly "Starting Out" is a one-off information session and is aimed at those **recently diagnosed with cancer** or just starting treatment, their relatives and carers.

The talk covers a **wide range of topics** including, **treatment side effects and symptoms management**. There is also information on health and wellbeing and the Fern Centre.

You can attend this session online or join us in the **Fern Centre Group Room** we have limited face to face capacity (**max. 8 people**) please contact us if you would like to book a place.

**Email:** [ndht.theferncentre@nhs.net](mailto:ndht.theferncentre@nhs.net)

**Telephone:** 012171 311855

**Every Thursday Afternoon**

**2.00pm—4.00pm**

## COASTWISE NORTH DEVON

### OUTDOOR ACTIVITIES 2023

|                            |       |  |
|----------------------------|-------|--|
| 20-22 April                |       | Cornwall trip  |
| 4 <sup>th</sup> May        | 13.00 | Microscope Workshop, Braunton Countryside Centre   |
| 8 <sup>th</sup> May        |       | Westward Ho! Shore Safari. (Time 13.00-15.00 tbc)<br>(Public Event with AONB & Northam Burrows)  |
| 16 <sup>th</sup> May       | 9:30  | Bideford to Appledore Walk<br>(Meet at the quay near Lundy office 9.30)                          |
| 5 <sup>th</sup> June       | 10:30 | Braunton Burrows to Saunton<br>(Meet Sandy Lane Car Park EX33 2NX)                               |
| 8 <sup>th</sup> June       | 15.15 | World Oceans Day (for a post-school family fun rock pooling session --further details tbc)       |
| 22 <sup>nd</sup> June      | 12.00 | Strandline walk meet at Saunton Car Park EX33 1HG  |
| 5 <sup>th</sup> August     | 13.30 | Combe Martin, Rock Pool Ramble (Joint Event with museum)   |
| 31 <sup>st</sup> August    | 11.15 | Cheyne -Extreme Rock Pooling (wetsuit/snorkel exploration at low tide)                           |
| 9 <sup>th</sup> September  | 10:00 | Kilhampton circular walk. (Meet at car park EX23 9QR for a circular walk to the coast 8.5 miles) |
| 25 <sup>th</sup> September | 18:30 | Night Rock Pooling Lee Bay<br>(Meet at car park EX34 8LR, torch & stout shoes)                   |
| 30 <sup>th</sup> October   | 11:00 | Greencliff - Shore Safari  |
| 7 <sup>th</sup> November   | 19:00 | Night sand walk at Westward Ho<br>(Meet at the slipway, torch & stout shoes)                     |

Before the event detailed information will be emailed to members. Outdoor events are for all members and public where stated, and are at the individual's risk. See our website for separate Survey Programme  
 Newcomers apply to Membership Secretary - [sandraknight50uk@gmail.com](mailto:sandraknight50uk@gmail.com)



[www.coastwisenorthdevon.org.uk](http://www.coastwisenorthdevon.org.uk)  
 FACEBOOK - Coastwise North Devon

## New facilities at Croyde to make the beach accessible to all



A new 'Changing Places' toilet facility that will make the beach and surfing accessible to everyone this summer has been opened at the Parkdean Resort Croyde. It will open the beach to locals and visitors who have previously been unable to fully access surfing and other activities due to the lack of adaptive facilities.

Located at Croyde's public beach car park, the fully -accessible facility will provide a functional, clean and comfortable environment, along with a range of high-quality and essential equipment to use including an accessible toilet, height-adjustable changing bench, shower, ceiling hoist, and ample space for carers. The facility's ongoing running costs and maintenance, including electricity and water, will be provided by Parkdean Resorts.





## THE NUTRITION AND LIVING WITH CANCER HELPLINE

# NUTRITION AND LIVING WITH CANCER HELPLINE



**Call: 0333 034 1988**



### OPENING TIMES

Our helpline is available on:

**Tuesdays:** 12pm–2pm

**Thursdays:** 6pm–8pm

**Call:** 0333 034 1988\* / **Email:** [helpline@wcrf.org](mailto:helpline@wcrf.org)



World Cancer Research Fund believe everyone who has been diagnosed with cancer should be able to access up-to-date and reliable information about the role of nutrition from diagnosis through to treatment and beyond.

.....That's why they have launched their helpline, staffed by oncology specialist dieticians, to provide this vital service.

*\*Calls to the 03 numbers cost no more than a national call*

Both living with cancer and going through treatments can make food seem less appealing. Many people even lose their appetite altogether and experience side effects that can have a significant impact on their quality of life and ability to enjoy their food.

The expert dieticians at the WCRF are here to help tackle issues such as:

- Taste and appetite loss
- Nausea and constipation
- Weightloss, and how to maintain a healthy weight during treatment
- The current evidence regarding nutrition and cancer, including myth-busting stories from press and social media
- Interactions between food and medications
- Maintaining a healthy diet and making food as appealing as possible
- Accessing further evidence-based information

Does this apply to YOU or FAMILY MEMBER? If so give the WCRF a call and get some expert advice!



## Welcome to Penny Brohn UK Offering Online and In-person Support for people with cancer

Penny Brohn UK is a national charity that provides free support to any adult affected by cancer through our unique programme of online and in-person services to support physical and emotional wellbeing, through treatment and beyond.

Based on over 40 years of experience, they offer a range of ways to learn and experience how simple, evidence-based lifestyle and complementary approaches can help you to feel more resilient and enjoy a better quality of life with cancer. All the services are led by qualified and experienced practitioner team, are free to join, and can be accessed following a simple registration process that can be completed online or with the client support team.

The programme changes from week to week, so why not sign up for the weekly 'What's On' email [www.pennybrohn.org.uk/subscribe/](http://www.pennybrohn.org.uk/subscribe/)

### How to get started

It's quick and easy to register to use the services on the website <https://www.pennybrohn.org.uk/> Just click on Register and follow the simple instructions. If you'd like help to do this, or to find the support that is right for you, the client support team is here to help you with information, guidance, and bookings.

Email [clientsupport@pennybrohn.org.uk](mailto:clientsupport@pennybrohn.org.uk) or call 0303 3000 118 to speak confidentially to one of the Penny Brohn team. If they are unable to answer your call, please leave a message, and they will get back to you as soon as they can. The lines can get busy so please be patient.

All services are available to anyone with a diagnosis of cancer or anyone supporting someone with a diagnosis of cancer (over the age of 18). You will find the terms and conditions here:

<https://www.pennybrohn.org.uk/services-tc/>



Monthly  
**Singing Club**  
with Malcolm on the keyboard  
at the Fern Centre

**WEDNESDAY 31ST MAY**  
THE LAST WEDNESDAY OF EVERY MONTH

6 pm - 8 pm

**ALL WELCOME**

**Just bring your singing voice!!**

(all voices accepted) 😊

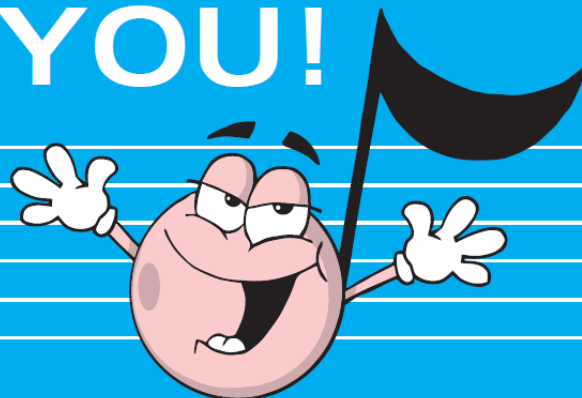


**Old Time Music Hall**



Refreshments provided  
No booking required

**IT'S OFFICIAL  
SINGING  
IS GOOD FOR  
YOU!**



**Singing makes you feel good:** Recent studies show that singing has a significant effect on people's sense of wellbeing.

Questionnaires show that people who sing regularly report higher levels of emotional stability and wellbeing even when suffering from mental health problems such as chronic depression and schizophrenia.



**Singing improves your health:** Singing has been shown to have a positive effect on our immune systems, helping us to ward off disease. It affects our heart rates; choirs have been shown to synchronise their heart and breathing rates, increasing and decreasing them in response to the music. It also appears to help reduce high blood pressure.

**Singing improves our breath control,** even for people with lung conditions such as asthma and Chronic Obstructive Pulmonary Disease (COPD). Patients suffering from neurological conditions such as Parkinson's disease, stroke and dementia have all been shown to benefit from regular singing in terms of communication, sociability, reduction in aggression and improved mood.

**Singing improves confidence and self perception:** One of the most valued benefits noticed by singers in these studies is that of improved self confidence and self worth. Singing in a group particularly helps people with low self esteem develop friendships which can impact positively on their social and work



# Transport



## TAP provides for Cornwall

TAP (Transport Access People) arrange door-to-door transport for people in Cornwall including for our **North Cornwall patients** (Bude / Stratton area) who have difficulty accessing other forms of public transport. They specialise in non-emergency healthcare appointments, trips to the library, memory cafes, meeting friends for lunch and shopping excursions. TAP is part of Age UK Cornwall & Isles of Scilly.

### Who is it for?

TAP provides a service to get to non-emergency healthcare appointments for people who have difficulty accessing other forms of public transport. Appointments such as hospital, optician, dental, foot care or audiology.

They also offer transport for library trips, visiting friends, shopping and **out of county health care appointments**.

### What is the cost?

This is a chargeable service and prices are accurate at the time of publication

**£3.00 per booking fee and 45p per mile**

**Contact Telephone: 01872 223388**

## Financial help to get to hospital appointments

### Healthcare Travel Costs Scheme

Helping people on low incomes and eligible benefits may be able to reclaim travel costs to secondary care. You may be able to claim same day reimbursement at cashiers' offices at the receiving hospital or by post and will need evidence of:

- Benefit
- Appointment
- Receipt of expenses

### Search online for - NHS help with travel costs (HTCS)

Please ask at the Patient Advice and Liaison Service (PALS) office at hospitals for more information or

**Telephone 01392 674806 or 0300 1231672**

### Age Concern Barnstaple & District

01271 324488 [ageconcernbarnstaple.org.uk](http://ageconcernbarnstaple.org.uk)

Barnstaple and an approximate 5-mile radius

Volunteer Car Service for older people to medical appointments, weekly shopping, to the bank and prescription collections. Some lifts to day care and social events. Other services available. Please see website or phone for details

### Holsworthy Rural Community Transport

**01409 259001**

[pickme-up.co.uk](http://pickme-up.co.uk)

Holsworthy and surrounding area

Cars for care to essential appts, health centres, hospitals, dentists, chiropodists etc.

All services are subject to availability, have eligibility criteria and all services make a charge.

### Ilfracombe Town Council Community Car Service

[ilfracombetowncouncil.gov.uk](http://ilfracombetowncouncil.gov.uk)

**01271 855300 07917 320956**

Ilfracombe

Volunteer Car Service to medical appointments.

### South Molton & District Volunteer Bureau

01769 573167 (leave a message with a contact phone number for a call back)

[smvb.org.uk](http://smvb.org.uk) South Molton and outlying villages  
Volunteer Car Service for medical appointments.

### Braunton Volunteers

**01271 815222**

Braunton, Croyde, Georgeham, Heanton, Chivenor, W Down  
Volunteer Car Service for hospital, dental appointments

### Torridge Volunteer Cars

01237 237200 [torridgevolunteercars.co.uk](http://torridgevolunteercars.co.uk)

Torridge and up to Barnstaple

Volunteer Car Service for medical, social, or domestic appointments.

With thanks to Tim Lamerton from NDVS for travel information

# WIS£RMONEY

Wis£rmoney is a partnership between Navigate Charity and Encompass Southwest.

The partnership was formed in 2012 and currently delivers a number of projects across Devon and Somerset aiming to improve the quality of life, wellbeing and financial resilience of people living in rural settlements.

The partnership specialises in working with people who are living on low-incomes in communities across the counties of Devon and Somerset experiencing (or at risk of experiencing), poverty, financial hardship, and social and financial exclusion.

## WHO CAN WE HELP?

If you live in the districts of: West-Somerset, Mid-Devon, Torridge, West-Devon or North-Devon and are worried about your current or future financial situation, contact us to discuss how we may be able to assist you.

Contacting us can help you if:

- You are struggling to meet the cost of your heating bills
- You are struggling with debt
- You are using credit/borrowing money to pay for essential expenditure
- You worry about meeting monthly repayments
- You would like to prepare a flexible, realistic budget
- Your well-being is affected by money worries
- Your well-being is affected by money worries
- Your benefits have recently changed or will be changing
- You are facing financial difficulties and need assistance

[www.wisermoney.org.uk](http://www.wisermoney.org.uk)

### Make a referral

If you or someone you know needs our help, please get in touch:



[www.navigatecharity.org.uk/make-a-referral](http://www.navigatecharity.org.uk/make-a-referral)



[wisermoney@navigatecharity.org.uk](mailto:wisermoney@navigatecharity.org.uk)



01823 299050

## Worried about energy price increases?



361 Energy are a local North Devon Voluntary Service that helps to provide support with a range of services to keep you warm and well in your home.

Some of the services they offer support/advice with are:

- Free energy efficiency measures
- Home visits can be arranged
- Heating repairs and upgrades
- Insulation
- Reducing energy costs
- Debt advice
- And much more....

If you require any further information see their website:

<https://361energy.org/>

Or contact Warmer Home Adviser on:

Email:[home.energy.adviser@ndvs.org.uk](mailto:home.energy.adviser@ndvs.org.uk)

To request an appointment call:

**01271 599361**

**There are grants available so take this opportunity to winter-proof your home – you don't have to be a home owner**

\*\*\*\*\*



**WE ARE  
MACMILLAN  
CANCER SUPPORT**



**Please note the  
Freefone Number  
For the Local Team:**

**0808 175 4505**

(effective from Tuesday 2<sup>nd</sup> May 2023)

The Macmillan Welfare Benefits Caseworker team are running regular **outreach clinics** at the Fern Centre on **Tuesday mornings**.

You are welcome to **pop in to the Fern Centre** on these days and **have a chat** with our welfare benefits advisor.

If your query is **more complex** then an **appointment will be made** for you to return to the centre **at a later date**.

Our advisor June Travers-Wakeford is only too happy to help you but you can also **contact the Macmillan Welfare Benefits Caseworker** team directly to arrange your appointment.

Please call the local MacmillanCA team on:

**0808 175 4505**

[macmillan@ruraldevoncab.co.org](mailto:macmillan@ruraldevoncab.co.org)

**All calls to this number FREE!**

The service is free to all clients irrespective of means. Anyone can refer clients, and referrals to other specialist advice such as housing, employment and debt will be made as required. The team are based at Bideford Medical Centre, Abbotsham Road, Bideford

## **Kay Kendall Leukaemia Fund (KKLF)**

### **Why we exist**

Kay Kendall Leukaemia Fund (KKLF) is one of the Sainsbury Family's Charitable Trusts. In addition to the awarding grants for research on aspects of leukaemia and for relevant studies on related haematological malignancies the KKLF has supported to regional areas providing funding for advise services for patients and carers of patients who have a haematological malignancies or recognised blood disorder

### **How we work**

KKLF caseworkers support people, their carers or anyone in the family affected by Leukaemia and blood related cancers with casework on any issues they need support with. This could be around benefits, checking what support is available for travel costs, debt and other money advice, housing and family advice amongst other things. We can also apply to the KKLF grant service for things to assist people. Traditionally we would be working from hospitals, cancer centres and homes within the southwest but primarily on phones currently due to the pandemic.

### **To access the service you can:**

- Pop in and see Mitch every other **Thursday 9am-12pm**—he is next the in the Fern Centre on **18th May** and **1st June**

- Email on

[KKLF@citizensadviceplymouth.org.uk](mailto:KKLF@citizensadviceplymouth.org.uk)

- Call **01752 507711**

- Complete the [referral form](#)

# Testimonials

## Reflexology

*I use the hand reflexology tools given to us at the workshop on a regular basis and that also helps with my fingers when pins and needles set in and also pain is too much.*

## Wig Fitting

*Staff at centre and from John Lewis really friendly and helpful. . Good selection of wigs and colours available.*

*Nice and private to try on and really helpful that a companion was allowed to help with choice.*

*Loved that I could leave with my wig*

## Crystal Workshop

*The crystal workshop was amazing. Karen explained all the different crystals and their uses, what they did. She was concise and explained it in a way that we could understand, and take away with us to use.*

## Crystal Workshop

*I had an amazing couple of hours with Karen and the other folk. Karen was so very knowledgeable and easy to talk to. She made everything very clear, she didn't mind us asking questions. She made us all feel welcome. I really didn't want it to finish. Well worth doing it- thank you very much Karen.*

## Counselling

*Having a professional, separate person to talk to who doesn't judge and just lets me talk freely and openly about how my cancer diagnosis and surgery affected me (identity). This helped me to come to terms with who I am now.*



**If you would like to leave us any feedback on our services, this can be done at**  
<https://www.careopinion.org.uk/tellyourstory>  
or you can complete a written form in the Fern Centre

# Charity News!

## Ifracombe Red Petticoats Summer Programme 2023



This summer, Ifracombe Red Petticoats will be supporting the Over and Above charity. All collections at their own events will go to Over and Above.

Please come along and watch/join in or just support us.

Evening performances start at 7.30.

**Thursday May 11<sup>th</sup>**

The Globe, Berryarbour with Borderline

**Thursday May 18<sup>th</sup>**

Ifracombe Sea Front

**Thursday May 25<sup>th</sup>**

White Lion, Braunton

**Thursday June 1<sup>st</sup>**

Ship Aground, Mortehoe

**Thursday 8<sup>th</sup> June**

Ifracombe Seafront

**Thursday 15<sup>th</sup> June**

Appledore and/or Instow with Bideford Phoenix

**Thursday 22<sup>nd</sup> June**

**ABSEILING @ HARTLAND POINT**  
Lyn and Adele are taking one for the team and need your support on Sunday 4th June! They will be abseiling down a 150 foot cliff at Hartland in aid of the Fern Centre



The Fern Centre is holding a cake sale on Monday 15th May to help raise more money! All welcome — treat your team!

